



**Appreciation Celebration  
And Open House  
June 27, 2008  
4:00 p.m. - 7:00 p.m.**

Citizen Corps and CERT members please join us for our Appreciation Celebration and Open House on June 27, 2008. The event will be held at the Central Shenandoah Planning District Commission Office at 112 MacTanly Place, in Staunton. This celebration is in honor of all your hard work and dedication towards making the Central Shenandoah Valley disaster resistant. There will be food, music, displays, and exhibits. You will have the chance to visit with other Citizen Corps and CERT members from the region.

**Please mark your calendars. We hope each of you will attend!**

**Disaster Resistant Times  
Shenandoah Valley Project Impact  
Citizen Corps Council and CERT Member Newsletter  
April/May 2008**

**Emergency Operations Planning Workshop  
For Human Service Organizations**

Will your organization be prepared if an emergency or a disaster strikes? Does your organization have an Emergency Operations Plan (EOP) in place? This two hour workshop will provide you with the essential tools for putting together a simple, effective, and comprehensive EOP. Topics to be discussed during the workshop include identifying hazards and risk, determining staff roles and responsibilities before, during, and after an emergency, continuity of operations, and storing essential disaster supplies. There is no cost to attend and participants will be provided with all materials. Pre-registration is required to attend this workshop.

**Dates and Times Workshop Will Be Offered (Choose One)**

Tuesday, April 29, 2008	10:00 a.m. - Noon
Monday, May 12, 2008	3:00 p.m. - 5:00 p.m.
Thursday, May 22, 2008	10:00 a.m. - Noon
Tuesday, June 10, 2008	10:00 a.m. - Noon

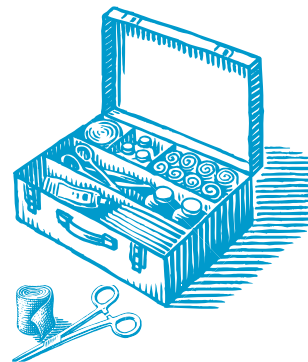
**All Workshops Will Be Held At The  
Central Shenandoah Planning District Commission Office  
112 MacTanly Place, Staunton, Virginia 24401**

To Register For A Workshop Or For Additional Information, Contact:  
Rebecca Joyce, Shenandoah Valley Project Impact Coordinator  
Telephone: 540-885-5174  
E-mail: rebecca@cspdc.org

**CERT Advanced Training Re-Scheduled**

CERT members, we will be having an advanced **CPR/First Aid Refresher Training** in May. The training will be held on Tuesday, May 13 and Wednesday, May 14 from 6:30 p.m. until 9:00 p.m. each night.

If you are interested in attending the advanced training, contact Rebecca Joyce at 540-885-5174 or at rebecca@cspdc.org to register. We must have 10 people interested in attending to hold the training.





## Hurricane Season Checklist For CERT Members

For CERT members who may be asked to volunteer during and after a storm, here are some things that you can do to prepare. In order to be an effective disaster volunteer it is important to be prepared well ahead of the time you are needed.

☐ Have your family disaster plan completed - including an out of town contact person.

☐ Restock your disaster supply kit with all necessary supplies.

☐ Make sure family members, friends, or neighbors that you would worry about have a plan and supplies.

☐ Have a plan (and back-up plan) and disaster supplies for your pets.

☐ Have your CERT bag packed with things you might need while you volunteer including snacks, a flashlight and extra batteries, a waterproof jacket, medications, contact lens supplies or glasses, etc.

☐ During Hurricane Season watch for storm systems and check your email regularly.

This newsletter is published by:  
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## Catastrophic Event Resource Planning Workshop Scheduled

Central Shenandoah Health District, Lord Fairfax Health District, and the Institute for Infrastructure & Information Assurance at James Madison University will present a Catastrophic Event Resource Planning Workshop.

To foster dialogue among community leaders, industry and organizations in the Northwestern part of Virginia, please participate in this Catastrophic Event Resource Planning Workshop. While an all-hazards approach provides the backdrop for this workshop, we will investigate the potential impact of a catastrophic event on Shenandoah Valley localities and how advance preparation can be instigated. Using a computer model of a hypothetical flu pandemic, groups will explore distribution of scarce resources and creation of guidelines, plans, and policies to assist in pre-event planning.

**Tuesday, May 13, 2008 (8:30 am-4:30pm) at JMU Festival Conference & Student Center, Harrisonburg, Virginia**

To register, visit [www.jmu.edu/iia/CERPWorkshop](http://www.jmu.edu/iia/CERPWorkshop). Reserve your place today. This event is FREE, but pre-registration is required. **Kindly RSVP by May 9th.**

## Hurricane Preparedness Week May 25-31, 2008

**Hurricane season starts on June 1 and runs through November 30.** Hurricane Preparedness week will be celebrated this year from May 25 - 31. It is a time for families to prepare for the upcoming season. Here are some facts about Hurricanes and tropical storms that you may not know:

- Hurricanes and tropical storms are cyclones (low pressure systems) that form in the tropics. Tropical storms have winds from 39 to 73 miles per hour. When winds reach 74 miles or more, the storm is called a hurricane.
- A hurricane's winds blow in a large counter-clockwise spiral around an "eye." The "eye" is the calm center of the storm that is generally 20 to 30 miles wide. A hurricane can have a diameter of 400 miles.
- A single hurricane can last more than two weeks over open waters and can run a path along the entire eastern U.S.
- Hurricanes and tropical storms can cause storm surges along the coast, spawn tornadoes and microbursts, create heavy rainfall that in turn causes inland flooding, landslides, and mudslides.
- In the Central Shenandoah Valley, inland flooding occurs when hurricanes and tropical storms become slow moving or stall against the mountains, dumping heavy amounts of rainfall into storm drains, creeks, streams, and rivers.
- Flooding on rivers and streams may persist for several days or more after the storm is over.
- Hurricanes are classified into five categories based on their wind speed, central pressure, and damage potential. This hurricane classification system is known as the Saffir-Simpson Hurricane Scale.

